

Phase 1

Behind The Binge
WORKBOOK

MaKai 
nutrition

Letter from Marissa

Welcome!

I want to say from the bottom of my heart that I am so grateful you're here. This program was created to help guide you away from a place I was stuck in for too long. I am here to help you because I wish a program like this existed when I was on my own journey to food freedom. I am so happy that YOU have the opportunity to start NOW. You will learn from me what took me 5 years to understand in just this course. I just ask that you have patience, commitment, and communication with me along the way so we can make this happen for you!

What you will learn in this program will help you create lifelong healthful habits that are free from restriction. You may need to grieve the pain you've put yourself through in the past, and that's okay. Give yourself permission to trust the process, get vulnerable, and be open to this new journey. You are capable of SO MUCH MORE than what you believe right now, and I will help you rediscover your authentic self.

I can't wait for you to discover how bright your life will look when you heal your relationship with food and your body. When you are no longer at war with the two, life opens up for you. So with that being said...
let's get you to that DREAM LIFE!

Marissa Kai Miluk, MS, RDN, LD

Your Journey

BINGE FREEDOM BREAKTHROUGH IS BROKEN UP INTO 3 PHASES



- **Phase 1: Mindset**

This is the time where we will work through really stripping down all of your limiting beliefs around food and your body, begin to heal your diet mentality, and rework your mindset to set yourself up for success. We want to create a blank canvas so we can build up healthful habits from here.



- **Phase 2: Listen to your Body**

This is when we will begin to further develop your ability to listen to your body. We will talk about listening to your hunger and fullness, and also learning how to assess how certain foods and behaviors make you feel. You will start to get more in-tune with your body and start to understand all the signals it sends you in order to honor your health and also enjoy your life. This is also where we will build back body trust and heal your negative body image.



- **Phase 3: Health Values**

This is where we will start to incorporate gentle nutrition and mindful movement. We will talk about adding healthful habits to your life that work for YOU. We will set realistic sustainable goals so you can create a healthful life with ease that makes you feel amazing.

Phase 1

Module 1: Mindset

Start with Why

Goal Setting

Core Values

Module 2: Breakup With Dieting

Ditch the Diet

Module 3: Break Food Rules

Different Way You Might be Restricting

Remove Food Rules/Habitation

Challenge The Food Police

Practice

Module 1: Mindset

START WITH WHY

Set your intentions

Why are you embarking on this journey to food freedom?

Long-Term Goals

3-Month Goals

VISUALIZATION

Write a story of your dream life

I want you to take that "why" and bring it to life. What can you do once you are free from binge eating? What do you see? What do you smell? What do you taste? How do you feel? Write it in 1st person, in the present tense, like you're journaling.

This is call scripting. It's writing "as if" you already have the life you're working towards. Visualize the future, but keep it realistic. Something you believe you can attain.

POSITIVE AFFIRMATIONS

Set your day up for success

Write down your daily positive affirmations

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

CORE VALUES

What do you value in life?

Identify your top 3-5 core values

Rate alignment with core values (scale 1-10)

Identify gaps. Why am I stuck here? How can I move forward (behaviors)? What do I need in order to move forward (implementation of behaviors)?

Module 2: Breakup With Dieting

REJECT THE DIET MENTALITY

Does dieting serve you?

What thoughts do you hold that may be fueling a fantasy of going on one last diet? Can you have that fantasy in your here-and-now body?

How Has Dieting Interfered with your Life? Mental Health, social life, relationships, and physical health

What do you imagine your life will be like when you are free from it? How do you imagine that will feel?

Module 3: Break Food Rules

BREAK FOOD RULES

Make peace with food

What is one “diet mentality” belief or food rule you want to work on?

What is one step you could take to let go of it?

Pick one "off-limit" food you want to add back into your life. Plan here how could you add it into your day to make it a more normal experience.

BREAK FOOD RULES

Challenge the food police

Practice reframing your distorted thoughts:

Unreasonable Thought:

Questions to ask:

Thought Reframed:

Practice more reframes

Practice more reframes